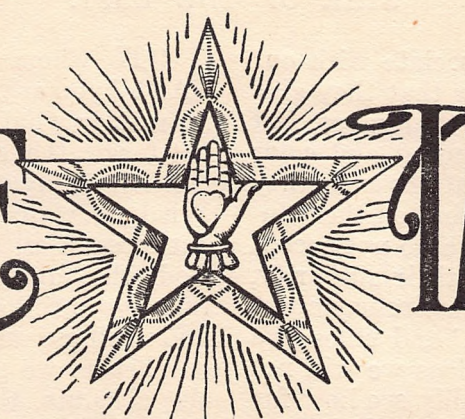


# STAR OF THE EAST



*A New Thought Journal issued monthly for the help of self and others by the practice of systematical concentration of mind ; in Unity with the Universal Soul*

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## THE ALTAR OF THE HEART.

It always has been, and is, taught that the heart is associated with devotion more than any other organ in the body, and this is because it is the symbol of the altar, and the latter is the center where we meet in prayers and meditation to our ideals.

The altar is the stage for the soul where it gives its highest life to matter, and no devotion can be full without we set aside a place where one is away from the curious eyes of the world.

We find that all our teachers in the past have gone out in the "wilderness and there set their ALTAR to the LORD," upon which they have given Him their devotion.

All religions, no matter what name they have, and their ALTARS, as well as every book dealing with religion of the past and the present, tells us that ALTARS have been risen here and there for the Devotion to God.

All emotions are associated with the heart, and we always hear that "we love with our whole heart; we sympathize from the bottom of our hearts; or that we rejoice in our hearts," etc.; and in this wise we express our deepest feelings when we are in contact with conditions which calls for our expressions. We find in the Bible that by ALTAR is not meant a church board upon which is set certain images, or particular fixings, but it is the condition and **intensity** of the mind and **soul**, and this we know by reading of Jacob, who had "a stone under his head" upon which he prayed to his God to have the revelation which he had.

David "set his ALTAR in the wilderness and there prayed to God for deliverance from his Enemies."

"John the Baptist cried unto the Lord in the wilderness, and then warned the multitude, telling them to repent." From all these, and

many more statements from the Bible and other sacred books we find that by ALTAR is meant the intense desire of the soul, and not the object before the physical eyes.

Religion is not the name we give it, but it is the awakening and expression of the soul, and until we have awakened to this truth we will not know the great purpose of our being here at this time.

There are all kinds of systematic religions, and as such only one is as good as the other, as there are nothing in either as long as the mind is not conscious of their true object.

All outer forms are but such unless the soul with its power is back of them and we receive through them the power which they can bring us. What is meant by the awakening of the ened within to the Universal life, and the part-soul? It is the knowledge which has been quickness in it for all things.

As soon as we rise on a higher plane we will understand the devotion of the soul as with the quickening of the inner all outside systems will be but a medium through which we come closer in contact with the Universal Souls of souls, or God, the unlimited, the complete, which by some is called the **Buddha**, by others the **Brahman**, by others the **Alla**, others **Chrisna Rama-Chrisna**, **Jehovah** and **Christ**, etc., it is one and the same Power, which is expressed in these various ways because some have one as their highest Ideal and others have another, but they pray to the same God through the above-mentioned Illuminates.

As long as we are bound down to one creed or the other only, so long are we in darkness no matter what we believe we are, as true devotion is freedom, and the more free we become the more we will recognize **all the Universe** and everything in it as ours, as we will see that we are **in it** and of it as sure as we will see that we are in and of it. There is no more misrepresented System of religions than those who claim that their code is the most Divine and therefore the truest, and all others are wrong, they are wrapped up in themselves and can not see God as He truly is. When we say that this one is wrong and the other is wrong, we show our blindness and no one should be



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blamed for not wanting to associate with our believers, as they are so narrow that they give none of the privileges which God gives, but they form them in their own mind and color them as they see them, and afterwards they try and force them upon mankind as the "Inspiration of God," and when we do not accept them as infallible, but question their authority, we "are sinners who under such circumstances are on the very brink of 'Hell,' and unless we are saved according to their ideas we will not be saved at all." We can readily see how far this is from the will of God, and how little such people know and understand of His ways and of His laws of life.

Those who understand the secret of the **ALTAR OF THE HEART**" they can be conscious of that they worship wherever they might be, as they will find the ALTAR set among the flowers, beasts, birds, in heaven as well as upon the earth, and they need not go into a particular building for the purpose of communicating with their soul's Ideal.

Do not forget that the ALTAR belongs to all humanity and what their Ideal might be is but another name for the same God and the same blessing.

Those who advocate the teaching of life truly invite everybody to come and have light at the same shrine, for they have learned that everything is part of the same whole.

Ah! when our minds become quickened to this glorious truth then it will not be "thine and mine," but it will be "OURS," and we will see that there is no power like that, of the devotion of the soul, and through nothing else can "our FATHER" speak to his children, nor in no other way can they respond. Oh, when our minds have opened to the greatness of the Divine self, all outer things become so small that they receive less and less of our attention and we become more happy all the time.

It matters but little what humanity say or do if the power of their hearts is not in it. No matter how well trained one is, if what we do is mechanical it is as dead as the corpse, and there is neither color nor personality, and even the untrained feel the emptiness of all the outer show and they can not appreciate it like they do the real.

Before the ALTAR of our heart we are made to pray because we feel the sacredness of being alone with ourselves, and as soon as the soul finds us still it begins to speak to us and we can answer more readily and our experience of such communion becomes such that we can not tell it to anyone. It was of such moments Jesus spoke when he said, "Tell no one." The setting of ALTARS materially is but for the senses to impress upon them the power of communion, and the vibrations which the soul has set into action becomes drawn to the center and we attract them to us.

All ceremonies are but for the purpose of attracting the mind to the power back of them and they should not be looked upon as being for any other purpose.

"To whom should we dedicate our ALTAR?" you ask. To whomsoever is our Ideals, no matter what name we give it, but we must not forget that we give our hearts' devotion to the self-effulgent light of the Sun of infinite Wisdom, which dispels all ignorance and its darkness in all human beings, and that light is God, the eternal "Om." We see from this that the infinite spirit is the self of all things and beings, and we truly realize that in our hearts we give our undivided devotion to the absolute, the Universal spirit, instead of limiting the light to certain beings only.

In devotion all smallness is forgotten and we only see the Absolute good and in that we will also see everything we find wanting restored to its full glory.

Silence is the power by which we can better grasp the truth of life and send our highest to those who struggle in it; we can love more and truer; we can live purer and see the face of that which we are most drawn to, as the highest we can find to worship, and we can more readily see that our worship will be in the **abstract**, to the absolute Spirit, the **soul of souls**; it will make us more humble, and at the same time stronger and more individualized. Nothing will become grander to us than to understand how to lay ourselves upon the ALTAR of service, for nothing else but to still the great longing of our souls to come in contact with the highest and most Divine. All exterior ALTARS wherever set, are but symbols of the **great ALTAR of the heart** upon which we make our complete surrender of self, and when we can let everything else go by as but the symbol of this real life, then we shall have the supreme happiness which surrender to God always brings.

To sit beneath the ALTAR of **purity and love** is to have communion with God. Let us meet there often and the resplendent light of the great soul shall overshadow us.

### TEMPLE STUDY.

We have seen during our analysis of the Book of Life that it gives to us the understanding of the slow process of things and the senses of man, and we also see that this growth is going on orderly in all things, although it looks to us as though it was to the contrary.

The cards show us that nothing has been forgotten by the law of God, but that all things have the same chance for unfolding which has been given to man.

We find that the great principle of production is written upon the pages of this wonderful book, and when we are able to see the system of Masonry as it has been given to man we shall see that the building of all things are dependent upon the condition of **bearing**, as the result of production determines what kind of material we shall have to build with.

As soon as our eyes begin to be opened we will find the reason why all teachings in the past has been founded upon Chastity, and why it is laid down as the rule for the growth of the soul and mind, and we will also see why



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the race in our day is retrograding instead of advancing, as we can not help but see clearer than ever that humanity of to-day is sinking itself in the depths of darkness by allowing lustfulness to make us its victims and thereby become weakened to such an extent that it can not overcome anything of the lower self.

We find the color of "**Elohim**" (the heart) demonstrating the Love which is and must be the underlying principle for all our actions, and it being the "**Fire of the Heart**" it becomes drawn to "**Tharsis**" (water), which is its opposite, and it is found that water has the elements for the offspring, and here fire and water meet, both having the energy which will bring forth the innermost love and purity in them.

Here it is seen that **soul** and **mind** unite in matter, and as a result there is manifested the power of the heavens, and earth and God come among us clothed in flesh. It is by this material that the structure of God must be built upon this plane, and man and woman are the builders. In the figure the "**Jupiter Cross**" we will understand this principle, as there we have the four elements as they work in all things, and we will see that unconsciousness comes out of the lower expression in matter. The more we surrender in meditation upon this figure the more we will see the real way to rise higher and we will become permeated with the life and understand its workings within us as we never did before. We will see clearer than ever that the "**ALTAR set in the Wilderness**" does not mean the table or stone we use physically for our worship, but it means the purity of heart and that it must be practiced here on earth while in this body and incarnation as it has its own purpose and must be accounted for by itself.

We must become as little children, in innocence and faith, and have desires higher than this earth, or else we will forfeit our privilege of helping in building the temple of real life for posterity.

This we find in the "**Evolution Cards**," and when we reach the court cards we find that it is demanded of us that we demonstrate the power which we have developed little by little in our circumstantial activity.

When we meditate we should not do so for one thing, or for certain power, but **surrender ourselves to the whole** and recognize its perfection and Divine origin, and by so doing absorb the life which is set into activity by our sitting. As the "**Jupiter Cross**" is a very strong figure we should sit over and over with it, and we will know more of life for each sitting.

Remember that our method of living will have everything to do with our progress, and as this figure demonstrates to us the Unity of all things in action, so will we see that all things higher and lower act through us and that we must learn to hold our poise and not become submerged.

The figure tells us stronger than any other book could that everything is Divine, that we must look upon them as such and that we

must live as though the face of God was always before us.

Hold the life in the body holy, and do not waste it away by the lower gratification of the flesh, as then we will never gain the understanding which we came here to have and to give.

Read the Lessons belonging to this figure before surrendering and be where there is peace while sitting first three days in the week up to Thursday, sit morning and evening.

### FROM MORNING MEDITATION.

With much devotion have I followed all those who are striving to rise, and if they knew the help they are receiving in their endeavors they would do everything to take firmer and firmer steps on the road to higher realization. There are souls upon earth, and there are souls in the heavens, who in unity with the universal mind are trying to show the light clearer to those who are seeking it.

The birds sing by it, the fish swim by it, and all souls take part in the great symphony of harmony which is manifest in higher realms by that light, and the echo is brought to the heart of man and it trembles in response to its melodies, for love is more sensitive than anything, and when innocence plays upon the harp of peace it can not but respond from within, as love is smoldering in the heart waiting for the time when it can be expressed. Ah, you who feel lonely, have you ever responded to the love brought to you upon the wings of the stillness and felt it far greater than from a personality? Have you ever taken part in the sweet hummings of the winds as they have past you and hummed the "**Ave Maria**" from the unseen? Have you ever spoken to the air and felt that you were talking to your soul affinity? Have you seen yourself as you will become when the struggles of the first "**Karmic**" steps on this plane are taken?

If you have, then you have taken part in the great enchantments of the Temple in nature and you have then an idea of the visiting help which every pilgrim have, who wakes up to the reality of life and finds that what he saw and recognized before was but a dream, from which he rose into reality. Have you ever been in the "**inner circle**," among the souls who have gone through what we now are experiencing on this plane? If you have, then you know with what compassion they see our struggles and how eager they are to help us and bring to us the wisdom with which we shall be able to pass through all the darkness which surrounds us.

All these experiences are not fancies, but they are real and must become such to every earth wanderer before he can rise higher.

Sing with the great choruses in your heart, and abundant joy will be yours.

### LESSON IN CONCENTRATION.

When we go out in space to visit our students we find with sorrow that the lessons we give are not practiced with the regularity and poise which we hoped they would be, and in



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consequence our students do not make the headway which they could make if they conscientiously followed our instructions.

What we need most of all to understand is that we are part of all things, and that the vibrations of things is centralized around us, but we must learn to use our WILL so that our thoughts do not wander away from us when we wish them to go where we direct them.

No matter how long we delay the knowledge and practice of our power and will, we must come to it in the final, and we will then see that we have suffered what we would not have had to suffer had we used our power earlier in life.

In order to have the benefit of concentration we must understand that the WILL must regulate the confusion around us, otherwise we can not hold our thoughts on anything, as when we try they fly to everything and we are more confused when we finished than we were at the beginning.

There are two forces working within and around us, one lower and the other higher, the lower ascend and the higher descend, and where the WILL is most active that force will rule us.

All the elements which we deal with are active within us, and thus we intensify the actions when we make the mind to bear upon them.

This will be a lesson for **unselfishness**, and it is important that we know how we can cultivate that virtue by concentration.

First, it is the highest expression of the soul, as from it comes everything that is beautiful, and we must know that it is latent within us whether we can express it or not.

In this concentration we think of the soul as the **higher**, and we will realize that all power comes from God and is the same within us.

When we sit down to concentrate we must be harmonious in our mind, otherwise we can gain nothing. Let us first hold our thought upon Jesus as the manifestation of unselfishness. We must pray intensely for that virtue by holding our mind upon Him. After we have held it as long as we can without fluttering, change your thought upon the Lily of the Valley. Thinking of it a moment, we change to the Statue of Venus; from there to God, the creator of all things (not in a personal sense); from Him to the crop of the field; from that to the great ocean; from that to the sky; from that to the mountain; from that to the stars in the heavens, and so on; and we must not think of any objects who can not show us their unselfishness from our way of looking at. Changing our thoughts in this way, it keeps them from going upon lower subjects and we will have that beautiful current of vibrations which brings us in contact with unselfishness unbroken, by which we will benefit much quicker than otherwise.

Do not misunderstand this lesson. The reason why we ask you to change upon different subjects is that you might be able to hold the mind in the vibrations of unselfishness by recognizing such subjects as we have men-

tioned and they will be drawn to you stronger, because of them not being broken by the lower.

Practice this lesson every day, and read the 23rd psalm before sitting down for concentration, and it will help the mind to rest in that atmosphere.

Unselfishness is the greatest of virtues, because it opens the way for higher expression of the soul.

This lesson should be practiced every day—in the evening between 9 and 9:30, also in the morning, before meal if convenient.

Be harmonious in your mind and go by yourself and tell no one, and there will be no outside thoughts to interfere.

The psalm we have given above represents the subject of our concentration, and it also brings the response to us from our concentrations.

This lesson will be active and we will be with all our students in its practice every day for the coming thirty days, from October 7th to November 7th.

### POWER FROM THE HOURS OF THE DAY.

At midnight: The great soul of self is the light in the darkness, and no one who truly knows himself shall be lost in it.

At sunrise: As the sun riseth on the firmament, and giveth life to both righteous and unrighteous, so shall the Sunlight of Wisdom shine upon the pathway of those who live in it.

Morning hour: It is still very still, and in this wondrous peace Evangeline, the angel of generosity, comes "tip-toeing" into our presence with the dew of higher life.

Forenoon: The mind, the **regulator**, must be back of all our movements in order that all things might go us well in hand.

Noon: He who by his WILL can rule: confusion and hold it beneath him is a hero, and happiness at all times is his laurels.

Afternoon: "Come, all ye who are wearied and worn, and peace shall be given unto you."

Sunset: Let all look up and behold the beauty of the Sun as he hides in splendor for a few moments, but behold the Azure and see his Queen, the Moon, meets him and both in unity deliver love's message to the soul-hungry wanderer, and tells him "sing thy heart's song and love will play thy compliments."

Beloved, let us not wear ourselves out in the daily struggles for what belongs to the body, but let us lay them aside for a few moments and let us go by ourselves to think, and if you let your thoughts go into the ideal you will hear the voice in your soul, and you will see more and more how much more contentment it brings. Let our students practice the lessons we have given in this issue, and live in harmony with their meaning, and we will find great help to better perform the duties which we have before us, by which we can better our own lives and help others to do likewise.

Announcement—The book upon the study of the pack of playing cards is not printed as yet, owing to strikes and great advances in the price for print. For subscriptions of the Star, and books, write to J. S. Warner, Manager, P. O. Box 1340.